

The Path

To Preparedness

Pandemic Threats

1976: Swine Flu Threat

- Identified at Fort Dix
- Labeled "Killer Flu"
- Possibly related to Spanish Flu

1977: Russian Flu Threat

- Identified in China
- Spread word wide to children and adults up to twenty three years old
- Was similar to another virus that circulated prior to 1957
- Vaccine was not produced in time for the 1977-78 season

1997: Avian Flu Threat

Occurred in 1997 and 1999

1997:

- A few hundred people became infected, eighteen hospitalized, six died
- Virus was different it moved directly from chickens to people
- Most severe illnesses occurred in young adults
- Similar to Spanish Flu
- All chickens in Hong Kong were slaughtered
- After the poultry slaughter, no new human infections were found.

1999:

Avian flu virus was found in two children in Hong Kong.

Although the 1997 and 1999 viruses did not start pandemics; their continued presence in birds, their ability to infect humans and the ability of influenza viruses to change and become more transmissible among people is an ongoing concern.

Visit:

<http://www.pandemicflu.gov/>

History of Pandemic

Timeline of Human Flu Pandemics



History suggests that influenza pandemics have probably happened during at least the last four centuries. Since 1900, three pandemics and several "pandemic threats" have occurred.

1918: Spanish Flu

The Spanish Influenza pandemic is the catastrophe against which all modern pandemics are measured. It is estimated that approximately 20 to 40 percent of the worldwide population became ill and that over 20 million people died.

1957: Asian Flu

In February 1957, the Asian influenza pandemic was first identified in the Far East. Vaccine production began in late May 1957, and health officials increased surveillance for flu outbreaks. The vaccine was available in limited supply by August 1957. Most influenza- and pneumonia-related deaths occurred between September 1957 and March 1958. The highest rates of death were among the elderly.

1968: Hong Kong Flu

In early 1968, the Hong Kong influenza pandemic was first detected in Hong Kong. The first cases in the U.S. were detected as early as September of that year, but illness did not become widespread in the U.S. until December. The number of deaths between September 1968 and March 1969 for this pandemic was 33,800, making it the mildest pandemic in the 20th century.



In San Francisco the gauze masks were made a requirement of the entire population in a trial ordinance. This rhyme was a popular way to remind people of the ordinance. "Obey the laws, and wear the gauze, protect your jaws, from septic paws." They found that the mask wearing led to "a rapid decline in the number of cases of influenza,"

<http://www.niaid.nih.gov/>

Pandemic Flu Planning Checklist for Individuals and Families

You can prepare for influenza pandemic now. You should know both the magnitude of what can happen during a pandemic outbreak and what actions you can take to help lessen the impact of an influenza pandemic on you and your family. This checklist will help you gather the information and resources you may need in case of a flu pandemic.

1. To plan for a pandemic:

- Store a supply of water and food. During a pandemic, if you cannot get to a store, or if stores are out of supplies, it will be important for you to have extra supplies on hand. This can be useful in other types of emergencies, such as power outages and disasters.
- Have any nonprescription drugs and other health supplies on hand, including pain relievers, stomach remedies, cough and cold medicines, fluids with electrolytes, and vitamins.
- Talk with family members and loved ones about how they would be cared for if they got sick, or what will be needed to care for them in your home.
- Volunteer with local groups to prepare and assist with emergency response.
- Get involved in your community as it works to prepare for an influenza pandemic.

2. To limit the spread of germs and prevent infection:

- Teach your children to wash hands frequently with soap and water, and model the correct behavior.
- Teach your children to cover coughs and sneezes with tissues, and be sure to model that behavior.
- Teach your children to stay away from others as much as possible if they are sick. Stay home from work and school if sick.

3. Items to have on hand for an extended stay at home:

Examples of food and non-perishable

Examples of medical, health supplies

Ready-to-eat canned meats, fruits, vegetables, and soups	Prescribed medical supplies, such as glucose and blood-pressure monitoring equipment
Protein or fruit bars	Soap and water, or alcohol based hand wash
Dry cereal or granola	Medicines for fever, such as acetaminophen or ibuprofen
Peanut butter or nuts	Thermometer
Dried fruit	Anti-diarrhea medication
Crackers	Vitamins
Canned juices	Fluids with electrolytes
Bottled water	Cleansing agent/soap
Canned or jarred baby food and formula	Flashlight
Pet food	Batteries
	Portable radio
	Manual can opener
	Garbage bags
	Tissues, toilet paper, disposable diapers

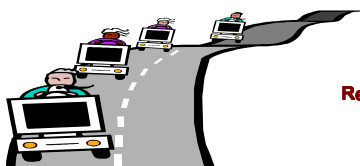
For More Information:

Visit: www.pandemicflu.gov

The Centers for Disease Control and Prevention (CDC) hotline, 1-800-CDC-INFO (1-800-232-4636), is available in English and Spanish, 24 hours a day, 7 days a week. TTY: 1-888-232-6348. Questions can be e-mailed to cdcinfo@cdc.gov.

Links to state departments of public health can be found at <http://www.cdc.gov/other.htm#states>.

Follow "The Path" for your monthly updates on Preparedness Planning.



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